T.C.P Guide to HEALTH

INDEX

A Few Facts about T.C.P.....Pages 2 & 3
How to Banish Skin Troubles ..... „ 4 & 5
How to Keep Free from Colds and 'Flu „ 6 & 7
How to Preserve the Teeth and Gums... „ 8
ALPHABETICAL DIRECTIONS for Use... „ 9 to 15
Other T.C.P. Preparations..... „ 16

A FEW FACTS ABOUT T.C.P.

and its many beneficial uses–**INTERNALLY & EXTERNALLY**

PROBABLY the first thing that you will notice, as you read through this little Booklet, is the large number of different everyday ailments and hurts for which T.C.P. is used.

"Chilblains and Sore Throats, Skin Troubles, Influenza and Rheumatism—what a mixture!" you may say. Yet for all these different complaints—there is striking testimony as to its efficacy, from Doctors and thousands of users of T.C.P. in all parts of the world.

You will wonder how T.C.P. can do all these different things. Well, here are the main reasons.

Kills harmful germs instantly!

First, T.C.P. is a *really safe* antiseptic and germicide—so safe, in fact, that it can not only be applied externally and used as a gargle and nasal spray, but it can also be taken INTERNALLY with great benefit. Harmful germs in the skin tissues, in the throat and nose, or in the system itself, are the cause of most human ailments, and you can use T.C.P. with safety to destroy these germs, even when they get a hold in the body.

How T.C.P. Reduces Inflammation

Secondly, T.C.P. has a remarkable power of reducing inflammation and dispersing congestion. For T.C.P. really *penetrates* right down through

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the skin, and restores normal healthy blood circulation in the congested or swollen tissues. At the same time, T.C.P. destroys and clears away any harmful germs and septic matter that may be present.

Relief of Pain and Speedy Healing

Thirdly, T.C.P. has a wonderful pain-killing and healing action. Whether it's a Sore Throat, or an irritating skin outbreak—T.C.P. relieves the pain and soreness almost instantly. It promotes wonderfully clean and speedy healing, because it actually *stimulates* the tiny blood cells in building up new, healthy skin and tissue.

How T.C.P. acts INTERNALLY

But perhaps most important of all, is the way that T.C.P. helps to clear up such complaints as Influenza, Colds, and Blood and Skin disorders, when it is taken *internally*.

For T.C.P. contains Iodine in an organically combined form, i.e. in just the form in which it can be safely and most completely assimilated. Iodine is Nature's own antiseptic in the body, and the function of T.C.P. is to make up any iodine deficiency, quickly and safely—so that any germs and poisons that have collected in the blood are rapidly destroyed and cleared right out of the body.

Wellcome Library

Your Doctor and T.C.P.

For the common ills, ailments and emergencies of everyday life, you will find that T.C.P. will quickly become your "Best Friend." But whenever there is doubt as to the cause or nature of any malady, see your Doctor at once.

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SKIN TROUBLES—and how to banish them

SKIN troubles fall roughly into two classes. The first comprises the germ-caused diseases, such as Acne, Impetigo, Barber's Rash, etc., for which the normal treatment consists of killing the germs present by antiseptic means.

For clearing up these troubles, T.C.P. is of the greatest value. It quickly penetrates deep down through the skin pores, destroys the germs that have caused the infection, oxidizes, and thus renders harmless, the poisonous matter present, and helps new, healthy skin and tissue to form.

The second class of skin troubles, which comprises Eczema, Psoriasis, Pruritus and some forms of Dermatitis, is not yet proved to be caused by germs.

THE CAUSES OF ECZEMA

External irritants are frequently the cause of Eczema, though the condition of the blood is certainly an important factor. Such irritants may be merely sunshine or cold winds on the skin. Some plants and flowers can induce Eczema and Dermatitis, as also can certain ingredients used in manufacturing processes, notably oils, chemicals and polishes. Sometimes, too, there is an hereditary predisposition to Eczema in a family.

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Although little is yet really known about the causes of Eczema, it is generally recognised that the discovery of T.C.P. has marked a very great advance in its successful treatment.

How T.C.P. clears up ECZEMA

T.C.P. is so effective in Eczema cases, because, when applied to the skin, it acts in three different ways.

First, it stops the agonising irritation almost at once. Then it penetrates through the pores and quickly clears away the Eczema-causing poisons *under* the skin. Finally, it stimulates the minute tissue-building cells in the blood which help to build up new, healthy skin, in place of the damaged tissue.

INTERNAL TREATMENT

To clear the system of the poisons that are a contributory cause of Eczema and most skin troubles, it is most advisable to assist the external treatment by taking T.C.P. internally. T.C.P. is a most valuable *internal antiseptic*. It quickly destroys harmful bacteria in the intestines and helps Nature to clear any skin-irritating poisons right out of the system.

This combination of internal and external treatment with T.C.P. has been successful in clearing up thousands of cases of chronic Eczema, and every sufferer is strongly advised to adopt it.

(*Full details of the T.C.P. treatment for Eczema, Dermatitis, Herpes, Acne, Impetigo, Pruritus, Psoriasis, etc., are given in the Alphabetical Section of this book*).

HOW TO KEEP FREE FROM COLDS, SOR

SCIENCE has not yet found a certain way to CURE Colds and Influenza, once they have got a hold. But it is now possible, in nine cases out of ten, to nip them in the bud, in the early stages.

Colds, Sore Throats, and Influenza are caused by germs that enter through the mouth and nose, and breed in the throat and nasal passages.

Normally, these invaders are attacked and quickly destroyed by the army of white "soldier" cells (leucocytes) in the blood, with which Nature provides us.

But when our natural powers of resistance are weakened, these soldier cells can no longer cope with the invading noxious germs, which then multiply at an amazing speed. Their poisons inflame the delicate tissues of the throat and nose, causing what we call "Sore Throat" and the symptoms of a head cold.

T.C.P. kills germs that cause Colds, Catarrh and 'Flu in fifteen seconds.

By using T.C.P. as a gargle and a nasal spray, you can kill these harmful germs in the nose and throat before ever they have

a chance to multiply and get a hold. Actual tests have shown that T.C.P. destroys the Micrococcus Catarrhalis (Catarrh germ), the Pneumococcus (Pneumonia germ) and the Influenza germ (bacillus Influenzæ Pfeiffer) within 15 seconds of contact.

But that is not all. T.C.P. actually stimulates the leucocytes (the "soldier" cells) in the tissues, in their work of destroying the invading bacteria. And it has a wonderfully rapid action, too, in soothing and healing the inflamed throat and nasal membranes.

These are the reasons why T.C.P. brings you such rapid relief, and why Doctors and leading Hospitals are getting such excellent results with it, in clearing up Sore Throats, Tonsillitis, and chronic Catarrh.

How to Stop a Cold Developing

At the very first signs of a Cold, gargle thoroughly with T.C.P., diluted with four or five parts of water. Then rinse out or spray the nostrils with well diluted T.C.P. Finally, make up a dose of a teaspoonful to a dessertspoonful of T.C.P. in half a glass of water, or hot lemon, and drink this before going to bed. This is a most effective way of nipping a Cold in the bud.

Make the T.C.P. Gargle a Daily Habit

During the Winter months, it is a good idea to make a daily habit of the T.C.P. gargle. Thousands of one-time chronic sufferers are now keeping entirely free from Colds and 'Flu in this simple way. It takes but a few minutes and soon becomes as natural a part of the toilet as washing one's face.

HOW TO PRESERVE YOUR TEETH

—and keep Pyorrhœa at bay

TWO things are needed to preserve your teeth. The first is regular dental attention—to eliminate all traces of decay in the first stages. The second is a little everyday care of the gums, to prevent Pyorrhœa—the worst enemy of healthy teeth—from getting a hold.

Soft modern diet does not give our gums sufficient "exercise." As a result they are liable to become soft and flabby, and then gaps form between the teeth and the gums. In these gaps Pyorrhœa germs breed freely, and it is the toxins (poisons) they produce that eat away the roots and sockets of the teeth.

The way to keep gums healthy and strong, therefore, is to give them daily massage "exercise," and also to use an antiseptic mouthwash. The gums can best be massaged with the little finger. Only gentle friction is needed.

T.C.P. is the antiseptic mouthwash that the great majority of the Dental Profession recommends. For T.C.P. not only reaches and destroys infecting germs in the mouth and gum tissues, but it also strengthens and tones up the gums themselves. Regular use of T.C.P. as a mouthwash means healthy gums and is the best way of keeping Pyorrhœa at bay.

DIRECTIONS FOR USING T.C.P.

IN EVERYDAY AILMENTS AND ILLS

ABSCESSES Apply frequently a pad of lint soaked in hot water, containing one part in four of T.C.P., so as to bring the Abscess to a head. When the Abscess bursts, carefully clean it of all pus and swab it with pure T.C.P. Then apply a pad, made up of layers of gauze, soaked in T.C.P. diluted with two parts of water. Renew the dressing when necessary.

In obstinate cases a Doctor should be consulted.

ACNE Adopt same external treatment as for Blackheads (*next column*). But also, to invigorate the blood, drink a teaspoonful of T.C.P. in half a glass of water, twice a day. Take a laxative, if constipation is present. Eat plenty of fresh fruit and vegetables, avoid alcohol. Perseverance with T.C.P. is essential, if persistent Acne is to be cleared up.

ASTHMA (*See page* 16).

BAD LEGS (*See Ulcers*).

BITES AND STINGS For Insect Bites, apply T.C.P. frequently, at full strength, on a piece of cotton wool. For Bee and Wasp Stings, apply at once a small pad of cotton wool, soaked in undiluted T.C.P., and hold in position until all pain has gone.

BLACKHEADS Twice a day wash the face *thoroughly* with hot water and a pure soap, such as T.C.P. Medicated Soap. Alternatively steam the face over a bowl of boiling water. Then gently squeeze out as many of the blackheads as possible Then apply T.C.P. on cotton wool.

BLOOD DISORDERS To invigorate the blood and help Nature to get rid of the impurities that cause Springtime sluggishness and skin troubles, drink a teaspoonful of T.C.P. in half a glass of water, twice a day. (Half this dose for children from 6–12.)

BOILS To prevent boils developing, at the very first signs apply a piece of lint, soaked in T.C.P., diluted with two parts

of water, or apply T.C.P. Mild Ointment at night. For a boil that has already developed, use same treatment as for Abscesses. To prevent boils recurring, take T.C.P. internally. (*See* Blood Disorders.)

BRUISES AND SPRAINS Apply a piece of lint soaked in T.C.P. diluted with three parts of water, and re-soak the lint at frequent intervals.

BURNS AND SCALDS Apply T.C.P. AT ONCE. Then soak a piece of lint in T.C.P., diluted with two parts of water, and bind it lightly, but securely, over the affected part. Renew this wet dressing frequently. In severe Burns, apply T.C.P. at once and call a Doctor.

CATARRH (Nasal) and HEAD COLDS For Nasal Catarrh and Head Colds use T.C.P., diluted with five or six parts of water, in a nasal spray or atomiser. Or soak two fair-sized pieces of cotton wool in well diluted T.C.P. and place one in each nostril for a few minutes, while inhaling deeply. (Take care that the pieces of cotton wool are big enough to prevent them from being drawn up into the nasal passages.)

Whichever method you use, carry out the treatment two or three times a day. Also gargle thoroughly with T.C.P. diluted with four or five parts of water.

In cases of Head Colds, also drink a teaspoonful to a dessertspoonful of T.C.P., in water or in a hot lemon drink at bedtime. For children give a few drops of T.C.P. on a lump of sugar.

In bad cases, a little T.C.P. Mild Ointment, inserted up each nostril, at bedtime, will help to make breathing easier.

CHAPPED HANDS Apply pure T.C.P., two or three times a day, and T.C.P. Mild Ointment at night.

CHILBLAINS Bathe the Chilblains in hot water, and dry with a warm towel. Then apply T.C.P. on a piece of cotton wool, dabbing it on for 10 or 15 minutes. This relieves the itching almost at

For applying to the skin, use a piece of cotton wool, soaked in T.C.P., and dab it on thoroughly for a few minutes.

once. Repeat this treatment twice a day and broken Chilblains will quickly heal and unbroken Chilblains disappear.

In severe cases, apply a piece of cotton wool, damped with T.C.P. diluted with two parts of warm water, and bandage this in position before going to bed. Squeeze out the surplus liquid from the cotton wool before applying it.

COLD SORES These can quickly be cleared up by dabbing on undiluted T.C.P. during the day, and a little T.C.P. Mild Ointment at bedtime.

CUTS AND WOUNDS Wash the cut or wound carefully. Then apply T.C.P. If necessary, apply a piece of clean gauze or lint, damped in a solution of one part T.C.P. to three of water, and hold in position with plaster. Do not use heavy bandaging.

DANDRUFF (*See page* 16).

EARACHE Soak a piece of cotton wool in T.C.P. and plug this *lightly* into the ear. This almost always gives rapid relief. If the pain is excessive or persistent, however, see a Doctor at once.

ECZEMA AND DERMATITIS

If the Eczema or Dermatitis is of the moist type, apply T.C.P. Solution, undiluted, every few hours. If possible, keep a dry dressing over the affected part.

Also, to assist the external treatment, drink a teaspoonful of T.C.P. in half a tumbler of water, morning and evening.

For Stubborn Cases of *dry* Eczema or Dermatitis adopt the same treatment. But also apply a little T.C.P. Mild Ointment at night. In the morning wipe off any surplus ointment before the T.C.P. is re-applied. Do not use the Ointment if the Eczema is weeping.

General Recommendations

Keep the system regularly functioning. Eat plenty of fruit and vegetables, and avoid salty, starchy or spicy foods and alcohol. Do not use soap and water on the eczematous skin—merely cleanse with olive oil.

Remember that Eczema often seems to get worse before it gets better. Don't be discouraged. Healing cannot start until the poisons are removed.

For use on very sensitive parts of the body, or for young children, T.C.P. can be diluted with three to five parts of water.

THE CARE OF THE EYES

Tired Eyes When the eyes feel tired or the eyelids are inflamed, use an eye-bath of water containing a few drops of T.C.P. T.C.P. causes a momentary smarting, which quickly passes off, leaving the eyes greatly soothed and relieved.

Conjunctivitis (Pink Eye). Wash out the eyes two or three times a day with half a teaspoonful of T.C.P. in an eye-bath filled up with tepid water. This usually gives rapid relief, but if the inflammation does not soon subside, see your Doctor.

FOOT TROUBLES

Tired aching Feet should first be washed (NOT soaked) in tepid water, using T.C.P. Soap. Then dry, and dab on undiluted T.C.P. on a piece of cotton wool. This T.C.P. treatment banishes the soreness and inflammation in a very short time. Chiropodists strongly recommend it.

Bunions and Corns Apply a thin pad of cotton wool damped (not soaked) in T.C.P. Cover this with a little dry cotton wool or stockinette and fix with sticking plaster. Renew every two days.

GUM TROUBLES

Sore, Bleeding Gums (Gingivitis) and Pyorrhœa Apply T.C.P. on a piece of cotton wool to the affected gums, two or three times a day. (For children, dilute the T.C.P. with 2 parts of water.) Use a mouthwash of one part T.C.P. to six parts of water after meals. Also see your Dentist.

Receding Gums This is generally a sign of incipient Pyorrhœa. Massage the gums with the little finger, gently but thoroughly, two or three times a day, working *from* the gums *towards* the teeth. Also rub T.C.P. (using a piece of cotton wool), into the gums. Use T.C.P. (one part to six of tepid water) as a mouthwash, after every meal.

HAY FEVER Quick and really wonderful relief can often be obtained by using T.C.P. at the first signs of an attack. Use as for Catarrh. (*See page* 10.) For the eyes, use an eye-bath of tepid water, containing a few drops of T.C.P.

HERPES (Shingles) Apply T.C.P., diluted with three or four parts of water, frequently to the affected parts.

Whenever Herpes is present in a severe form, or in the region of the eyes, a Medical man should always be consulted.

IMPETIGO While the patches are moist and discharging, apply T.C.P. freely, every few hours. About three or four days after the crusts have dried thoroughly, apply T.C.P. Mild Ointment, to assist the crusts in coming away.

INFLUENZA

Preventive Measures To keep free from Influenza during epidemics, gargle and also rinse out the nostrils two or three times a day, with T.C.P., diluted with four or five parts of water.

Also, and this is important, DRINK a teaspoonful of T.C.P. in a wineglassful of water twice a day. (Give half this dose for children from 6–12 years old.) An occasional eye bath with a few drops of T.C.P. in an eye-bath of tepid water is also desirable.

This T.C.P. anti-'Flu treatment has been thoroughly tested out on a large scale and has proved to be an almost certain safeguard against Influenza, if carried out conscientiously.

To Check a 'Flu attack Even when Influenza has actually developed, *frequent* gargling and drinking T.C.P. will often stop the infection before it can get a real hold.

LARYNGITIS Use T.C.P. at full strength, or slightly diluted, in a throat spray, every few hours.

MOUTH ULCERS Dab the Ulcers thoroughly, two or three times a day, with a piece of cotton wool, soaked in T.C.P. (For children, dilute with 2 parts of water.) Also use T.C.P., diluted with six parts of water, as a mouthwash.

PILES (External) Rapid relief from the pain and irritation can be obtained by bathing with a solution of T.C.P. in three or four parts of warm water, twice a day. Then apply T.C.P. Mild Ointment.

Internal Piles Syringe with T.C.P., diluted with five parts of tepid water. Then apply T.C.P. Mild Ointment.

PRURITUS (Itching) Application of T.C.P. several times during the day, and T.C.P. Mild Ointment at night will give great relief.

PSORIASIS Apply undiluted T.C.P. three or four times a day. At bedtime, apply T.C.P. Strong Ointment. In the morning, wash thoroughly with T.C.P. Medicated Soap, and again apply T.C.P.

PYORRHŒA (*See page* 12).

RHEUMATISM Experiments by Medical men, over the last few years, have shown that internal doses of T.C.P. often prove strikingly successful in the treatment of Rheumatism.

The dosage recommended is a teaspoonful of T.C.P. in water, night and morning, until the rheumatic symptoms disappear. In chronic cases, T.C.P. B_3 Colloidal Emulsion is recommended. (*See page* 16.)

Local relief can be rapidly obtained by gently massaging T.C.P. into the painful area. Or wear a cotton-wool pad, damped with slightly diluted T.C.P., at night.

SHAVING SORENESS Apply T.C.P. after shaving, and T.C.P. Mild Ointment at night.

SORE THROAT Gargle thoroughly, as often as possible, with T.C.P. diluted with four or five parts of water. Or spray the throat frequently with undiluted T.C.P. This will give rapid relief, and prevent Colds, Tonsillitis, or serious Throat troubles developing.

For Septic or Ulcerated Throats or Tonsillitis, paint or spray with full strength or slightly diluted T.C.P.

SPOTS OR PIMPLES can quickly be banished by dabbing on undiluted T.C.P. frequently, using a piece of cotton wool. Also use T.C.P. Medicated Soap for washing.

To improve the blood, take a teaspoonful of T.C.P. in half a glass of water, morning and evening.

STYES Soak a pad of cotton wool in full strength or slightly diluted T.C.P. Close the eye and apply the pad to the affected part, dabbing it on thoroughly. Repeat the treatment every few hours.

SUNBURN To relieve the pain and prevent blistering, apply slightly diluted T.C.P. every few hours.

TEETH (after extraction) To heal the gums quickly and prevent after-pain and swelling, use T.C.P. diluted with 6 parts of water as a mouthwash after every meal. For relieving pain, apply neat or slightly diluted on cotton wool to the gum.

TOOTHACHE Quick relief can often be obtained by applying T.C.P., on cotton wool, to the aching gum. (For children dilute with 2 parts of water.)

ULCERS Thoroughly cleanse the ulcers with clean warm water. Then lightly dab on T.C.P. Then apply a piece of sterilized gauze, soaked in equal parts of T.C.P. and glycerine. The Ulcer should be re-cleansed and the dressing renewed daily, or, if there is suppuration, as often as required.

For Varicose Ulcers use for the dressing a solution of 1 part T.C.P., 2 parts glycerine and 1 part water. Keep the leg wrapped with a crepe bandage.

VAGINAL DOUCHING

For douching purposes T.C.P. is strongly recommended by leading Medical men, because of its remarkable soothing, cleansing and healing properties, and its absolute safety.

The dilution advised is three to four tablespoonsful of T.C.P. to a pint of tepid water.

For Leucorrhœa (Vaginal Discharge or "Whites") use a T.C.P. douche, as above, two or three times a day (except during menstrual periods). This generally gives rapid relief from the pain and discomfort.

WOUNDS (*See page* 11).

Try these other **T.C.P. PREPARATIONS**

T.C.P. Tooth Paste

A most pleasant and refreshing tooth paste containing the germicidal element of T.C.P. It is particularly recommended for children—who take at once to its delightful flavour. Being definitely germicidal, T.C.P. Tooth Paste helps to preserve the gums as well as the teeth. 1/3 per tube.

T.C.P. Ointment

T.C.P. Mild Ointment is recommended for skin troubles where the skin is dry and cracked, for incipient Boils, and for relieving Piles. In 1/3 and 2/6 jars. Also T.C.P. Medium Ointment (for Acne and Adenitis) and Strong Ointment (for Psoriasis).

T.C.P. Medicated Toilet Soap

A pure superfatted Toilet Soap medicated with T.C.P. Specially recommended for those liable to skin troubles. 10d. per tablet.

T.C.P. Throat Pastilles

Pleasant-tasting, germicidal pastilles with a Blackcurrant fruit base. Ideal for children who cannot gargle, and for use during the day to protect and soothe the throat. 1/6 per tin.

T.B.P. Hair Tonic

A scientific preparation for the treatment and eradication of dandruff or scurf—the most common cause of falling hair and baldness. Pleasant to use, non-sticky, non-greasy, non-staining. Its healthy tonic action on the scalp tissues helps to stimulate new hair growth. In 1/6 and 3/- bottles.

T.C.P. Bronchial Antidote

For the treatment of Coughs, Bronchitis and Bronchial Asthma and Whooping Cough. This preparation quickly breaks up bronchial congestion, because it actually liquefies and disinfects the clogging, germ-infected mucus in the bronchial tubes. It rapidly relieves coughing and wheezing. It contains no harmful ingredients, and can be taken whenever relief is required. In 1/3 and 3/– bottles.

T.C.P. B_3 Colloidal Emulsion

For the treatment of intestinal disorders and infections. Recommended in cases of Gastritis, Flatulence, Hyperchlorhydria, Diarrhœa, and also as an adjunct in Rheumatism and Arthritis. 4/– per bottle.

Both **T.C.P.** *and* (BA) *are the Registered Trade Marks of British Alkaloids Ltd., Dashwood House, London, E.C. 2.*